## Works Cited

"About Mental Health." Cdc. Gov, www.cdc.gov/mentalhealth/learn/index.htm. Accessed 2 Mar. 2022.

Ackerman, Courtney E., MA. "How Does Acceptance And Commitment Therapy (ACT) Work?" PositivePsychology.Com, 5 Feb. 2022,

positivepsychology.com/act-acceptance-and-commitment-therapy/#:%7E:text=Acceptance%20and%20Commitmen t%20Therapy%20(ACT)%20encourages%20people%20to%20embrace%20their,therapy%20offers%20clinically%20effective%20treatment.

"ADHD and Mental Health." Mind,

www.mind.org.uk/information-support/tips-for-everyday-living/adhd-and-mental-health. Accessed 2 Mar. 2022.

"---." Mind, www.mind.org.uk/information-support/tips-for-everyday-living/adhd-and-mental-health.

Accessed 2 Mar. 2022.

"ADHD Medications and Side Effects." WebMD, 27 Aug. 2008,

www.webmd.com/add-adhd/adhd-medication-chart.

"---." WebMD, 27 Aug. 2008, www.webmd.com/add-adhd/adhd-medication-chart.

Adikwu, Marris. "What Is Person (Client) Centered Therapy?" *Talkspace*, 23 Sept. 2021, www.talkspace.com/blog/therapy-client-centered-approach-definition-what-is/#:%7E:text=Client%20centered%20t herapy%2C%20or%20person,client%20to%20steer%20the%20ship.https:/.

"Anger Management: 10 Tips to Tame Your Temper." *Mayo Clinic*, 29 Feb. 2020, www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/anger-management/art-20045434.



"Articles." Cedars Sinai, Cedars Sinai,

www.cedars-sinai.org/health-library/diseases-and-conditions---pediatrics/o/obsessive-compulsive-disorder-ocd-in-c hildren.html. Accessed 2 Mar. 2022.

"A-Z Mental Health." *Mind*, www.mind.org.uk/information-support/a-z-mental-health. Accessed 2 Mar. 2022.

"Bipolar Disorder - Symptoms and Causes." *Mayo Clinic*, 16 Feb. 2021, www.mayoclinic.org/diseases-conditions/bipolar-disorder/symptoms-causes/syc-20355955.

Bruce, Debra Fulghum, PhD. "Causes of Depression." *WebMD*, 13 June 2008, www.webmd.com/depression/guide/causes-depression.

Center, Counseling. "8 Signs You Have Anger Issues and Overcoming Them." *Kentucky Counseling Center*, 6 Feb. 2022, kentuckycounselingcenter.com/8-signs-you-have-anger-issues-and-overcoming-them.

---. "8 Signs You Have Anger Issues and Overcoming Them." *Kentucky Counseling Center*, 6 Feb. 2022, kentuckycounselingcenter.com/8-signs-you-have-anger-issues-and-overcoming-them.

"Depression (Major Depressive Disorder) - Symptoms and Causes." *Mayo Clinic*, 3 Feb. 2018, www.mayoclinic.org/diseases-conditions/depression/symptoms-causes/syc-20356007.

"Dissociative Identity Disorder: What Is It, Symptoms and Treatment." *Cleveland Clinic*, my.clevelandclinic.org/health/diseases/9792-dissociative-identity-disorder-multiple-personality-disorder. Accessed 2 Mar. 2022.

"Eating Disorder Treatment: Know Your Options." *Mayo Clinic*, 14 July 2017, www.mayoclinic.org/diseases-conditions/eating-disorders/in-depth/eating-disorder-treatment/art-20046234.

"Explore a List of Psychological Disorders From the DSM-5." *Verywell Mind*, 19 Mar. 2020, www.verywellmind.com/a-list-of-psychological-disorders-2794776.

GoodTherapy Editor Team. "Interpersonal Psychotherapy (IPT)." *Goodtherapy.Org*, www.goodtherapy.org/learn-about-therapy/types/interpersonal-psychotherapy. Accessed 2 Mar. 2022.

"Guide to Parenting a Child With A Mental Illness." Mental Health Program at Banyan Treatment Centers,

25 Mar. 2021, www.banyanmentalhealth.com/2019/12/09/guide-to-parenting-a-child-with-a-mental-illness.

"---." Mental Health Program at Banyan Treatment Centers, 25 Mar. 2021,

www.banyanmental health.com/2019/12/09/guide-to-parenting-a-child-with-a-mental-illness.

International OCD Foundation. "How Is OCD Treated?" *International OCD Foundation*, 16 Aug. 2021, iocdf.org/about-ocd/ocd-treatment.

"Mental Health By the Numbers | NAMI: National Alliance on Mental Illness." *Nami.Org*, www.nami.org/mhstats. Accessed 2 Mar. 2022.

"Mental Health in Pre-Teens and Teenagers." *Raising Children Network*, 13 May 2021, raisingchildren.net.au/pre-teens/mental-health-physical-health/about-mental-health/teen-mental-health.

"Mental Illness - Symptoms and Causes." *Mayo Clinic*, 8 June 2019, www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes/syc-20374968.

"Microsoft." Medstarhealth. Org,

www.medstarhealth.org/blog/6-signs-you-should-be-concerned-about-your-mental-health. Accessed 2 Mar. 2022.

National Eating Disorders Association. "Warning Signs and Symptoms." *National Eating Disorders Association*, 14 July 2021, www.nationaleatingdisorders.org/warning-signs-and-symptoms.

"Obsessive-Compulsive Disorder." *National Institute of Mental Health (NIMH)*, www.nimh.nih.gov/health/topics/obsessive-compulsive-disorder-ocd#:%7E:text=Obsessive%2DCompulsive%20Disorder%20(OCD),to%20repeat%20over%20and%20over. Accessed 2 Mar. 2022.

"Obsessive-Compulsive Disorder (OCD) - Symptoms and Causes." *Mayo Clinic*, 11 Mar. 2020, www.mayoclinic.org/diseases-conditions/obsessive-compulsive-disorder/symptoms-causes/syc-20354432.



"Other Concerns and Conditions with ADHD | CDC." Centers for Disease Control and Prevention, 4 Sept.

2020, www.cdc.gov/ncbddd/adhd/conditions.html.

"---." Centers for Disease Control and Prevention, 4 Sept. 2020,

www.cdc.gov/ncbddd/adhd/conditions.html.

"---." Centers for Disease Control and Prevention, 4 Sept. 2020,

www.cdc.gov/ncbddd/adhd/conditions.html.

"Parenting with a Mental Health Condition." Mental Health America,

www.mhanational.org/parenting-mental-health-condition. Accessed 2 Mar. 2022.

"Post-Traumatic Stress Disorder (PTSD) - Symptoms and Causes." Mayo Clinic, 6 July 2018,

www.mayoclinic.org/diseases-conditions/post-traumatic-stress-disorder/symptoms-causes/syc-20355967.

Robinson, Lawrence. "Social Media and Mental Health." HelpGuide.Org, 8 Feb. 2022,

www.helpguide.org/articles/mental-health/social-media-and-mental-health.htm.

"Schizophrenia - Symptoms and Causes." *Mayo Clinic*, 7 Jan. 2020, www.mayoclinic.org/diseases-conditions/schizophrenia/symptoms-causes/syc-20354443.

"Signs of Anger Issues." WebMD, 24 Nov. 2020, www.webmd.com/mental-health/signs-anger-issues.

"---." WebMD, 24 Nov. 2020, www.webmd.com/mental-health/signs-anger-issues.

"Tips for Asking a Friend About Their Mental Health | Columbia University | Child Psychiatry."

Columbia. Edu, childadolescentpsych.cumc.columbia.edu/articles/tips-asking-friend-about-their-mental-health.

Accessed 2 Mar. 2022.

"Trauma and PTSD | Kelty Mental Health." *Keltymentalhealth*, keltymentalhealth.ca/trauma-and-ptsd.

Accessed 2 Mar. 2022.

"Treating Anger Disorders: Anger Management Treatment Program Options." PsychGuides.Com,

www.psychguides.com/anger-management/treatment/#:%7E:text=Prescription%20and%20Over%2Dthe%2DCount

er%20Medications&text=Antidepressants%20such%20as%20Prozac%2C%20Celexa,of%20rage%20and%20negati

ve%20emotion. Accessed 2 Mar. 2022.

"Understanding Drug Use and Addiction DrugFacts." *National Institute on Drug Abuse*, 1 July 2021, nida.nih.gov/publications/drugfacts/understanding-drug-use-addiction.

"What Is ADHD?" *Web Starter Kit*, www.psychiatry.org/patients-families/adhd/what-is-adhd. Accessed 2 Mar. 2022.

"What Is Humanistic Psychology and Humanistic Therapy?" *WebMD*, 18 Apr. 2021, www.webmd.com/mental-health/humanistic-psychology-and-humanistic-therapy#:%7E:text=Humanistic%20therapy%20adopts%20a%20holistic,and%20focus%20on%20your%20strengths.

"What Is Schizophrenia?" *Web Starter Kit*,
www.psychiatry.org/patients-families/schizophrenia/what-is-schizophrenia#:%7E:text=Schizophrenia%20is9%20a
%20chronic%20brain,thinking%20and%20lack%20of%20motivation. Accessed 2 Mar. 2022.

